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It's great to be super active and mix up our workouts every day like we're doing in the 30 Day program, but it's also important to let your muscles rest and recover.

Sometimes people hit a plateau after making great progress for a while - and one of the common causes of that is overtraining, or missing adequate rest.

Here's [a short, awesome blog post about rest and how it helps you actually move farther ahead](#) - enjoy - and leave me a comment to let me know you were there and how you're going to enjoy your rest day!

## **30-Day Challenge Workout Twenty Four: Active Recovery and Affirmations**

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**Workout**

Sun Salutation - Mountain Pose, Forward Fold, Halfway Lift, Tall Plank, Chaturanga, Upward Dog, Downward Dog, Tall Plank, Forward Fold, Mountain Pose

Repeat 15 times, stating each affirmation as you go.

### **Affirmations -**

1. Every day, in every way, I am becoming fitter and healthier.
2. My exercise plan makes me stronger and fitter.
3. I am beautiful, inside and out.
4. I do my best in every situation.
5. I eat healthy foods that nourish my body and soul.
6. I have a positive attitude towards myself.
7. I am appreciative and grateful for everything in my life.
8. My efforts create value for others.
9. I am growing and evolving and becoming the best version of myself every day.
10. I am a strong, confident and capable person.
11. I am very loved.
12. I have a lot to offer others as a friend and family member.
13. I speak from the heart with love and compassion.

14. My metabolism has improved thanks to my exercise - and I am leaner and fitter.

15. I take control of my health and fitness by following the best plan for me.

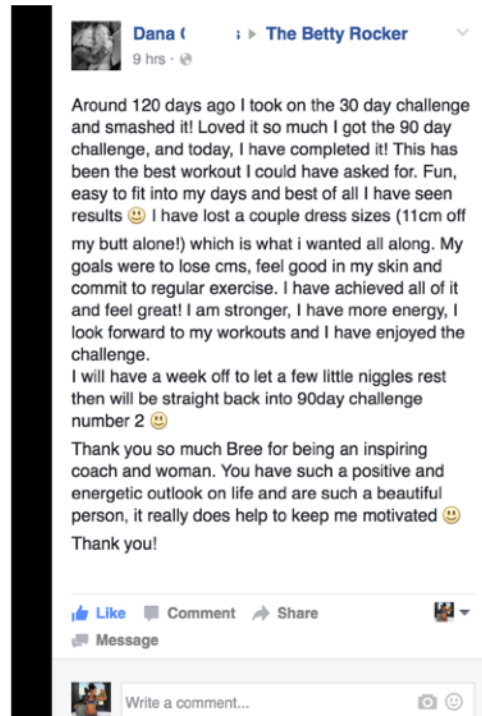
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**Need tech support or have a challenge question? Email [support@thebettyrocker.com](mailto:support@thebettyrocker.com) or reply to one of your challenge emails.**



# 90 DAY CHALLENGE

PERFECT FOLLOW UP TO THE 30-DAY CHALLENGE  
ON YOUR SCHEDULE  
NO EQUIPMENT REQUIRED  
FAST, FUN & EFFECTIVE HOME WORKOUTS  
HEALTHY EATING PLAN  
CUSTOMIZED FOR YOUR FITNESS LEVEL

**CLICK HERE**



**Dana** · **The Betty Rocker** · 9 hrs · 🌐

Around 120 days ago I took on the 30 day challenge and smashed it! Loved it so much I got the 90 day challenge, and today, I have completed it! This has been the best workout I could have asked for. Fun, easy to fit into my days and best of all I have seen results 😊 I have lost a couple dress sizes (11cm off my butt alone!) which is what I wanted all along. My goals were to lose cms, feel good in my skin and commit to regular exercise. I have achieved all of it and feel great! I am stronger, I have more energy, I look forward to my workouts and I have enjoyed the challenge.

I will have a week off to let a few little niggles rest then will be straight back into 90day challenge number 2 😊

Thank you so much Bree for being an inspiring coach and woman. You have such a positive and energetic outlook on life and are such a beautiful person, it really does help to keep me motivated 😊

Thank you!

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